

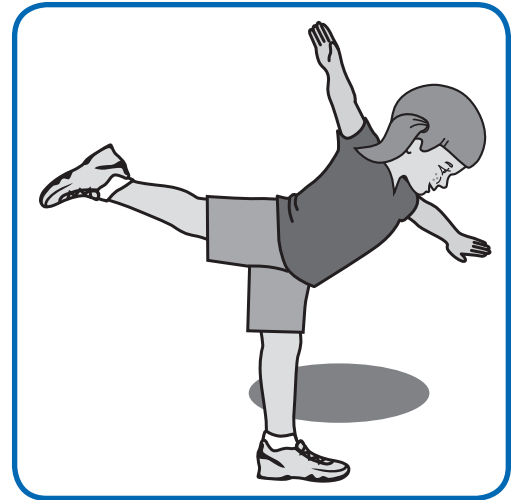


## Ready

- 1 spot marker per child
- 4 cones for activity area boundaries
- *Balance Skill Cards* (SPARKfamily.org)
- Musical ASAPs #19 and #13
- SPARK EC Music CD and player

## Set

- Create activity area.
- Scatter spot markers within area.
- Send children to stand on spot markers.



## GO!

1. **“Move Like An Animal”** (*Teach Musical ASAP #19.*)
2. **Single-Leg Balance Challenges** – Can you...
  - **Single-Leg Balance:** Stand on 1 foot? (*Hold single-leg balance for 3 seconds.*)
  - **Kimbo Stand:** Cross one leg over the other and touch that toe to the floor? Stretch your arms out to the side to help you balance? (*Show Balance Skill Cards.*)
  - **Stork Stand:** Balance like a bird called a stork? Balance on 1 foot? Put the other foot on the side of your knee? Both arms out to the side? Hold that pose? Try the other leg? (*Move to help those in need.*)
  - **Sideways Balance:** Stretch your arms to the side? Lift 1 leg straight out to the side? Hold your pose? Switch legs and try again? Hold it steady?
  - **Backward Balance:** Stretch your arms to the side? Lift 1 leg backward (*leg is parallel to the ground*) while you lean forward? Hold your pose? Switch?
  - **Forward Balance:** Stretch your arms to the side? Raise 1 leg in front of you? Point your toes and hold your pose? Switch?
3. **Locomotor Skills and Single-Leg Balance Challenges**
  - Let’s play *Travel! Go Home!* using walking feet. When you are home, do the balance challenge that you hear. Travel! Go Home!
  - Stork stand! Travel! Go home! Kimbo stand! (*Once children understand the activity, vary locomotor skills and balances.*)
4. **“Act Like You Are In A Zoo (Upright)”** (*Teach Musical ASAP #13.*)
5. **Wrap It Up**
  - On, “Go!” show your favorite balance from today. Go!
  - Will you practice today’s balances at home?

# SINGLE-LEG BALANCES

## ADAPTATIONS

### Limited Space

- ★ Have children practice balance challenges holding onto their chairs or tables.

### Variation

- ★ Have children mimic single-leg balances by playing *Mirror, Mirror!* (Refer to *Building Blocks, Lesson 3.*)

### Inclusive Strategy

- ★ Balance may be assisted by an adult and is best when done at the waist from behind. This allows the child to use their eyes and arms to aid balance.



## OBJECTIVES

- ✓ Balancing
- ✓ Agility
- ✓ Role playing
- ✓ Lower body strength

### YOUR STATE STANDARDS

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## ACADEMIC

### Art

Give children a picture of a stork standing on 1 leg to color or paint.



## FAMILY FUN



### Balancing Act

Ask your child to teach you forward, backward, and sideways single-leg balances. Walk and then stop to do a single-leg balance.



## TEACHER TIPS

- Children may pretend to lose their balance and fall. Suggest holding on to a stable object.
- Practice balancing with both sides of the body.
- Use positive and specific praise to encourage effort.

### NOTES

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